SUMMER COURSE 1933

The group for 1933 will be limited to thirty students. It is wise, therefore, for candidates to file their names at once with Russell Sage College, School of Physical Education, Troy, N. Y.

The group will sail from New York on June 24th, on the S. S. "United States" of the Scandinavian-American Line, and will reach Ollerup in time to begin work on Monday, July 10th. The course ends on Saturday, August 19th.

For those students who wish to return immediately to the United States, and in a group, passage is booked on the S. S. Bergensfjord, of the Norwegian-American Line, sailing from Oslo on August 22nd, and from Bergen on August 23rd. The group will make the journey from Copenhagen to Oslo by train. Those who wish to take the marvelous scenic trip from Oslo to Bergen, Norway, may without additional expense, join the ship at Bergen.

No student is accepted for a shorter course than that given in the full six weeks; nor is it permissible for anyone to take the course who is unable to do all the required practical work.

A medical form will be sent to each applicant for the course. This form must be filled in by a physician and returned to Russell Sage College before the application is accepted. The report of her physician's examination is referred to Dr. Bradford and must receive her approval before a candidate's registration can be considered complete.

1.10

FACULTY

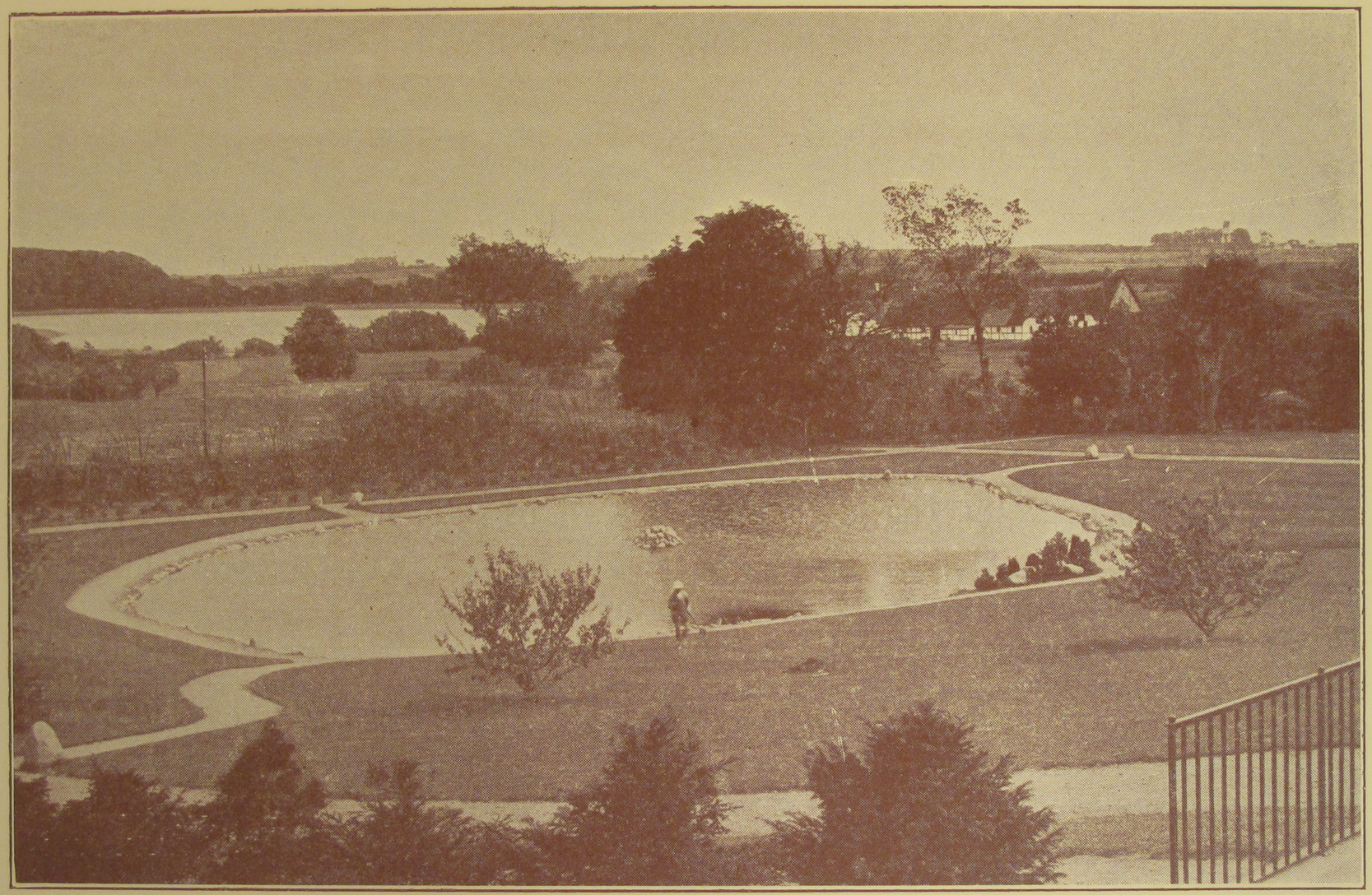
Miss Helen McKinstry is in charge of the organization and administration of the course. Miss Emily Andrews will conduct the classes in the Theory and Adaptation of Fundamental Gymnastics, and in Practice Teaching. Mr. Bukh will teach the gymnastic classes and lecture on the theory and objectives of his work. Song Games and Folk Dances, and the elective courses in Swimming and Field and Track activities, are taught by members of the faculty of the Gymnastic Peoples College.

COURSE OF STUDY

Gymnastics (daily)	45 hours	Song Games and Folk Dances	15 hours
Theory of Gymnastics (daily)	30 hours	Swimming (elective)	
Practice Teaching (daily)	30 hours	Field and Track (elective)	

During the last week of the course, theoretical and practical tests are given in all required subjects. To receive the Teacher's Certificate for the course, all subjects must be carried with an average grade of 75%, and each subject must have a passing grade of 70%. Only such instructors of Physical Education as hold certificates and are awarded the O. D. pin, are considered by Mr. Bukh as prepared to teach the theory and practice of "fundamental gymnastics", and are endorsed by him as exponents of his work in America.

1.11



THE COLLEGE GROUNDS

Cost of Trip

The cost of the course is $395.00.

This covers—

Passage on the S. S. United States from New York to Copenhagen; and train fare from Copenhagen to Ollerup.

Lodging and breakfast during the stay in Copenhagen (one to three days) en route to Ollerup.

Tuition and living expenses for six weeks in Ollerup.

Lodging and breakfast in Oslo, Bergen or other stops on the return trip before boarding the S. S. Bergensfjord in Bergen.

The sum of $100.00 is payable to Helen E. Luffman, Russell Sage College, at the time definite application for the course is made.

If a student wishes to travel independently before or after the course, she should state her intentions at the time her application is made. She will be quoted a special fee covering one-way passage, tuition, board and lodging for the six weeks in Ollerup; or for the time in Ollerup exclusive of passage fare. It is most advisable that all students go to Denmark and return to the United States under the management of the course, since the cost of the course, including passage, is much less than if passage is cared for by the individual.

1.13

ADDITIONAL AND OPTIONAL EXPENSES

A passport must be secured and paid for by each individual. Applications for passports should be made as early as possible—certainly by April 1st. Costumes must be purchased through the Peoples College after the arrival in Ollerup. These cost very little. Few books are needed. Each individual cares for the expense of tips on shipboard and for the rental of a steamer chair and rug. Several excursions to interesting parts of Denmark are taken during the six weeks course. These are optional and inexpensive. Bicycles may be rented at a very low cost for the six weeks. Such rental is optional. Laundry can be arranged for in the village of Ollerup. The service is excellent and inexpensive.

The additional fees and expenses would not exceed $80.00, and many of these are entirely optional. A detailed list of necessary and optional expenses will be sent to all who definitely wish to be registered for the course.

1.14

A SUMMER IN DENMARK

FOR SECONDARY SCHOOL AND COLLEGE GIRLS

Niels Bukh's visit to the United States in 1931 increased the number of requests from students in colleges and secondary schools for an opportunity to visit the Gymnastic Peoples College. Russell Sage College is deeply appreciative of the cultural and educational values to be derived by students from a summer spent in the largest and most famous of Denmark's Peoples Colleges.

In the summer of 1933, Miss McKinstry and Miss Andrews will conduct such a non-professional group in connection with the professional course for teachers of Physical Education. If the group includes five or more students, a special leader will be provided. The group will sail from New York for Copenhagen on June 24th on the S. S. "United States." Two or three days will be devoted to sightseeing in Copenhagen and to visiting "Hamlet's Castle" before going to Ollerup. Six weeks, from July 9th to August 19th, will be spent at the Gymnastic Peoples College.

Students will be expected to take gymnastics daily with Niels Bukh, and to make an earnest effort toward securing perfection of bodily development. In addition to the work in Fundamental Gymnastics, the unusual equipment of the school provides opportunities for swimming, tennis, field and track activities, games, and dancing.

1.15

Two hundred Danish girls will be students in the school until the first of August. Many of these speak English, and American students develop a true international feeling and understanding as they watch, talk, and play with their Danish sisters. Many lasting friendships are formed.

Each student will be provided with a bicycle—a means of transportation universally in use in Denmark, and indispensable in securing an intimate knowledge of this fascinating little country.

For the girl who has exhausted the possibilities of summer "camps", the freedom, beauty, and quaint charm of Denmark offer new and thrilling experiences.

Many interesting trips will be taken on bicycles and by motor cars, to famous castles and churches, and to old towns such as Odense, the home of Hans Christian Andersen, and Faaborg with its ancient city gate. The journey to the chalk cliffs—the most unique and beautiful spot in Denmark—takes two days; and for a glimpse of the North Sea and the quaint little island of Faeno a three day motor trip is planned.

The group will leave Denmark for Norway on August 19th, going by train to Oslo and from there over the marvelous scenic route to Bergen. If time and weather permit, one of Norway's majestic fjords will be visited. The return passage will be made on the S. S. Bergensfjord, sailing from Bergen for New York on August 23rd.

If five or more of the students in the group wish to prolong their holiday, a special twelve day tour of Sweden and Norway is offered. This includes a visit to Göteborg, Stockholm (The Venice of the North), Oslo, Bergen, and the most famous of the Norwegian fjords.

EXPENSES

Cost of Trip—(for secondary school and college girls) $495.00.

This covers—

Passage on the S. S. United States from New York to Copenhagen; and train fare from Copenhagen to Ollerup.

Lodging and breakfast during the stay in Copenhagen en route to Ollerup; and sightseeing trips in and about Copenhagen.

Tuition and living expenses for six weeks in Ollerup.

Scheduled sightseeing trips from Ollerup.

Lodging and breakfast in Oslo, Bergen or other stops on the return trip before boarding the S. S. Bergensfjord in Bergen.

Sightseeing trips in Oslo and Bergen and to one of the Norwegian fjords.

1.17

ADDITIONAL EXPENSES

The only necessary additional expenses for a student of this group are a passport, gymnastic costumes, "tips" on shipboard and to porters, a steamer chair and rug, and meals not provided for as indicated above. Such additional fees and expenses would not exceed $50.00.

Special Twelve Day Tour—Approximate Cost $200.00.

The itinerary will be planned after reaching Denmark where detailed arrangements can be made more satisfactorily and economically than through an agency in the United States. The total cost will cover all necessary expenses of travel, sightseeing, lodging, food and tips.

The cost of the trip is exclusive of purchases or personal expenditures that students may wish to make.

1.18

GENERAL INFORMATION

Students are requested to use hand luggage, as the transfer of trunks is difficult. Each student should bring a note-book and sufficient sheets of paper, an all-black bathing suit, two bath towels, a sweater or windbreaker, top coat, rubbers, umbrella, and raincoat. The weather permits the wearing of summer dresses, and laundry service is good. Warm clothing should, however, be included for steamer wear and for cold days in Ollerup. There will be two or three occasions when evening dresses should be worn. Comparatively little variety in clothing is necessary and dresses should be simple. A simple masquerade costume is desirable for ship board festivities.

Applications, tentative or final, should be made at once. All requests for information regarding Mr. Bukh's work, and application for the course should be addressed to

RUSSELL SAGE COLLEGE

SCHOOL OF PHYSICAL EDUCATION AND HYGIENE

Troy, New York

Attention of MISS HELEN E. LUFFMAN

1.19



The **Margaret Eaton School Digital Collection** is a not-for-profit resource created in 2014-2015 to assist scholars, researchers, educators, and students to discover the Margaret Eaton School archives housed in the Peter Turkstra Library at Redeemer University College. Copyright of the digital images is the property of Redeemer University College, Ancaster, Canada and the images may not be copied or emailed to multiple sites without the copyright holder's express written permission. However, users may print, download, or email digital images for individual non-commercial use. To learn more about this project or to search the digital collection, go to http://libguides.redeemer.ca/mes.